



Obesity Summit News

Volume 3

July 2010

Addressing Childhood Obesity

Did You Know??

Children should take part in three different kinds of exercise regularly: Aerobic, muscle and bone strengthening. Keep reading for more information. All details can be found at:

http://www.cdc.gov/physicalactivity/everyone/guidelines/what_counts.html



Types of physical activity

To get you started, here is a list of possible activities that children can do to meet the *Guidelines*. These activities serve as a guide, so encourage your child(ren) to do any of them, as long as they are age-appropriate.

Many of these activities fall under two or three different categories, making it possible for your child do each type of activity – vigorous-intensity aerobic, muscle- and bone-strengthening activity – at least 3 days each week.

Moderate intensity aerobic - active recreation such as hiking, skateboarding, rollerblading, bicycle riding.

Vigorous intensity aerobic - active games involving running and chasing such as tag, bicycle riding, jumping rope, running, sports such as basketball, hockey, swimming, tennis or gymnastics.

Muscle strengthening - games such as tug of war, push ups (with knees on the floor), resistance exercises using body weight or resistance bands, rope or tree climbing, sit-ups, swinging on playground equipment, gymnastics.

Bone strengthening - games such as hopscotch, hopping, skipping, jumping, jumping rope, running, sports such as gymnastics, basketball, volleyball.

What if my child has a disability?

Physical activity is important for all children - just talk with a health care provider before your child begins a physical activity routine. A professional with experience in physical activity and disability can tell you more about the amounts and types of physical activity that are appropriate for your child's abilities.

What can we do to get and keep children active?

As a parent or provider, you can help shape children's attitudes and behaviors toward physical activity, and knowing these guidelines is a great place to start. Throughout their lives, encourage young people to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports. Here are some ways you can do this:

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your daily routine by taking walks or playing active games together.
- Give your children equipment that encourages physical activity.
- Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which you participate and encourage children to be interested in new activities.
- Make physical activity fun. Fun activities can be anything children enjoy, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.
- Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that the activity is age-appropriate.



Information provided by the Center for Disease Control and Prevention